

# AEHC Newsletter

March 2009

## A Word from AEHC President

This year has started out busy for most of us. Several AEHC committees have or will meet in the next few days. Are you making plans for your spring council meeting? I would like to attend as many of the council meetings as possible, so invite me to come and help with your programs.

It is almost time for our annual state meeting! Our state meeting planning committee has organized a very good and fun meeting. They have several new things planned this year, for examples movie and bingo night...what fun! I know all of you will want to join us. It is time to elect your new district director. Be sure to look around in your county, see if you have someone that needs to run for this position. I am looking forward to seeing everyone at all the meetings.

Joyce Hall  
AEHC President

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## Dora Denning, Retires

Longtime County Staff Chair Dora Denning retired in January. Dora's EHC members and friends recognized her valuable service with a retirement party at the Extension Conference room in Morrilton on January 30. Six other FCS agents will be retiring by June 30 and if you take pictures of these special occasions please email them to [boliver@uaex.edu](mailto:boliver@uaex.edu). I have already missed Beverly Fountain's retirement in Independence County.

## Katherine Denton – Pulaski County EH Member Named Senior Volunteer for 2008

Katherine Denton, a leader in the Lakewood EH Club, was inducted into the North Little Rock Hayes Senior Citizen Hall of Fame in February. Katherine has been President of the Lakewood club and a county council officer. She has also served on the AEHC state planning committee. Three hundred citizens, including a large number of Pulaski County EHC members, were present to cheer Katherine on for this well deserved honor. The award was presented to Katherine for outstanding volunteer service to North Little Rock.



(Pictured with Katherine is Mayor Patrick Henry Hayes on the left and Charlie Baxter, director of the Hayes Center on the right.)

## AEHC Spring Education Workshop

“Reach for the EHC Rainbow” was the theme for the AEHC Spring Education Workshop. The purpose of this meeting was to develop goals, strategies and projects for AEHC for the year 2009-2010. Kaye Green, Vice President from Cleveland was the chair of the workshop. Around 300 members from 64 counties were present. Attending members voted on the major and minor emphases for the coming two years. Dr. Margaret Harris, CES Assistant Professor of Health, presented, “Health and Well Being” as a possible emphasis. Dr. LaVona Traywick, CES Assistant Professor Gerontology, presented program opportunities in “Aging in Arkansas”. Laura Connerly, CES Family and Consumer Science Associate, presented information on “Finances and Your Future.” Following the presentations, a colored dot for the major and minor emphasis was used during the break for voting. In addition to the program emphasis, the director of programs offered another special community Health project for Arkansas Prostate Cancer Foundation. Mary Fisher, chair of the membership expansion committee, presented a Power Point presentation on the results of the membership campaign. Following Mary’s presentation, county presidents answered roll call with their goal for membership for 2009-2010.

## AEHC Exceeds 6,000 Members!

During the 2009 Spring Education Workshop, county presidents answered roll with the number of new members since October 2008. AEHC membership total is over 6,000! Thanks to Mary Fisher, State Membership Chair, and all counties for a great membership report. Mary encouraged counties to continue adding new members and to keep existing members.



Montgomery County's members

## Louise Byrum - Honored for 79 Years of Membership in EHC

North Pulaski EH Club member Louise Byrum, 93, is an example of how the Extension Homemaker Club continues to help keep the mind young. The North Pulaski EH Club honored Byrum recently for being involved with EH Clubs for 79 years. “I could not have raised my family without the things that I learned in Extension Clubs,” said Byrum. She began her work in 1930 in Sebastian County and continued as a club member when she moved to Franklin County, then to Pulaski County. Byrum has been a positive influence for the North Pulaski County club having grown from a membership of five members in 2003 to 22 members today.



Louise Byrum holding a tiny shirt created without a sewing machine made for the neonatal center at UAMS.

## New District Directors to be Elected

New district directors will be elected at the state meeting during the board meeting. Encourage your good leaders to consider running for a district director. The forms for applying are due to the present district directors by May 15. The district directors are the chairs of their respective district nominating committee. Send nomination forms to:

Mary Fisher, Ozark District Director  
P.O Box 188, Danville, AR, 72833

Terrie Jacobs, Ouachita District Director  
1019 Polk 6, Wickes, AR 71973

Glenda Griffin, Delta District Director  
48 Country Road 452, Jonesboro, AR 72404



Kaye Green, AEHC Vice President, standing in front of the rainbow that Randal Hall, husband of Joyce Hall, Kaye and selected members made for the Spring Education Workshop.

## 2009 AEHC State Meeting

“TEAM-Together Everyone Accomplishes More”

This is the theme for the 2009 AEHC state meeting in Hot Springs, June 9-11. The planning committee has done an outstanding job planning the meeting and you will want to plan to attend. By the time you are reading this, if you have access to a computer, you can read all about the meeting. This is the first time that we have put the information packet on-line. It is important that you remember to register through your County FCS agent since we cannot accept registrations by individuals. FCS agents will still need to print off the forms and send them to the AEHC state office with one check from the County for all reservations.

### CALENDAR OF EVENTS

#### DR. LYNN RUSSELL MEMORIAL/AEHC SCHOLARSHIP DUE

STATE EHC OFFICE  
WEDNESDAY, APRIL 1, 2009  
Send completed applications to Betty F. Oliver

#### APPLICATIONS FOR DISTRICT DIRECTOR DUE

FRIDAY, MAY 15, 2009  
Send all applications to Present District Directors.

#### AEHC ANNUAL STATE MEETING

HOT SPRINGS CONVENTION CENTER – HOT SPRINGS, AR  
JUNE 9, 10, AND 11, 2009  
“TEAM – TOGETHER EVERYONE ACCOMPLISHES MORE”

#### COUNTY PROJECT BOOKS DUE

STATE EHC OFFICE  
TUESDAY, DECEMBER 1, 2009  
Send to Attn: Betty F. Oliver

### Hotel Information

Austin Hotel  
AEHC Rate is \$ 78 per night (plus tax)  
Contact Sherry Rardin  
501-623-6600

Embassy Hotel  
AEHC Rate, Single \$ 139 per night (plus tax)  
Double/triple \$154 per night (plus tax)  
Contact Chris Roberts  
501-624-9200



AEHC Joyce Hall and Past President Elaine Stoll have some fun with members of the AEHC Executive Committee.

## AEHC Workshop Highlights

The 115 members attending the 2009 AEHC Spring Education Workshop selected, "Be MedWise Arkansas" and "Increasing Physical Activity as We Age" as the major and minor emphases for the next two years, beginning July 1, 2009. It would be a good idea to incorporate four monthly EH Club programs on "Be MedWise Arkansas" and two monthly programs on "Increasing Physical Activity as We Age." The other four programs could be in other area of interest with August and December as recreation months.

The by-laws committee also proposed an increase in AEHC dues from \$2 to \$4 per member. The dues' increase was proposed because of the increase cost of doing business. The state EHC Board will vote on the proposal during the meeting in June. All council Presidents, AEHC Executive Committee, Associate District Directors, and the chairperson of the Past Presidents are members of the AEHC Board.

"A Proposed Community Health Project" - Helen Baldwin, Arkansas Prostate Cancer Foundation Director of Programs, made an appeal for help from EHC members to assist with county screenings. Prostate cancer is the second leading cause of death in men. Counties interested in helping with this program should contact Helen Baldwin.

Helen Baldwin  
Arkansas Prostate Cancer Foundation  
1910 N Grant, Suite 1-A  
Little Rock, AR 72207  
(501) 603-7433

"The Rainbow Skit" – performed by Members of the District Teams and AEHC Planning Committee Members.



Mike Hamilton, Ozark district director, presents Dora a plaque.



University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.